

Brown Rice Pudding⁶⁵

Number of Servings: 65 (195.68 g per serving)

Amount	Measure	Ingredient
11.00	qt	Milk, 1%, w/add vit A & D
7.00	cup	Rice, brown, med grain, ckd
2 3/4	tsp	Spice, cinnamon, ground
2 3/4	tsp	Spice, nutmeg, ground
2 3/4	cup	Sugar, brown, packed

Nutrients per serving

Nutrition Facts	
Serving Size (196g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

PREPARE DAY BEFORE: this recipe must cool to thicken

Potentially Hazardous Food. Food Safety Standard: Chill after preparation. Hold for service at temperature of 40 degrees or less.

1/3 cup white sugar may be substituted for each 1/4 cup brown sugar in recipe